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 LEARN IF THEY'LL
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Halifax **met**ro



Your essential daily news | TUESDAY, APRIL 5, 2016

High -2°C/Low -8°C Cloudy  

**WHY
 THE
 PANAMA
 PAPERS
 MATTER.**

WESTWOOD **metroVIEWS**



Litter frozen on Lower Water Street in Halifax on Monday.
 JEFF HARPER/METRO

Beer garden could sprout up near oval

HALIFAX COMMON

Reaction to Stillwell Bar idea mixed


**Yvette
 d'Entremont**
 Metro | Halifax

A local business planning to set up a beer garden is eyeing a spot across from the Halifax Common as a possibility.

"Us applying for this beverage room license on this site is just a way for us to vet it as an option," said Stillwell Bar co-owner

Chris Reynolds. "We're looking at a bunch of spots."

While they are eyeing several spots, they have so far only applied for a liquor license at the site near the Emera Oval.

Reynolds said he met for 45 minutes on Sunday with about 30 neighbourhood residents who wanted more information about Stillwell's application to the province's alcohol and gaming commission.

"The information on those provincial notices is extremely broad. It says the maximum number of people and the maximum number of operating hours," he said. "That's what I

"I live pretty darn close to there myself and I don't think I'd want something that's like a million people at two in the morning every single night, a never-ending summer rave."

Although Stillwell operated the Halifax waterfront beer garden last year, they lost the tender this year. Reynolds said patrons are eager to find out where Stillwell's beer garden will wind up this year.

"A lot of beer garden patrons arrive and they feel like they are sitting in a place that would be operated by themselves. They can dictate their own experience," he said. "That's what I

think people are into and that's why it has been a success and that's why a lot of people are looking to find out where Stillwell's beer garden will be."

Although he couldn't say when Stillwell hoped to open its beer garden, Reynolds is eager to move fast.

"Hopefully very soon," he said.

Jennifer Watts, municipal councillor for the area, said the idea of a beer garden near the Common is being met with mixed reactions.

"I have heard from some folks in my district that are concerned about having the open air beer

FRUSTRATION

Coun. Jennifer Watts is frustrated by the way the province advertises such applications. She believes the information isn't easily accessible and that creates frustrations for proponents and residents.

"I think we really need to

have a sort of thoughtful conversation and it's not going to happen unless people are informed and given the time to really talk it through and figure it out," she said. "And right now that process is not working."

garden type environment in the neighbourhood for the noise, the accessibility," she said.

"It's by the Common, it's by the oval, it's a very public place,

there are lots of kids walking back and forth to school, and having this type of open air setting is in their view not appropriate for the area."



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Gardeners Sheldon Harper, left, and Tim Reid get the benches out and organized on the opening day of the season for the Halifax Public Gardens. JEFF HARPER/METRO

Gardens are 'ahead of the game'

SPRING

It may be cold, but it's time to open the gates once more

Sarah Rae
For Metro | Halifax

Susan Kerslake loves the Halifax Public Gardens so much she

had already been there twice before noon Monday.

She had strolled through early with a friend after noticing the gates were open and was walking back by herself, stopping to take pictures.

As she walked past the bandstand she cheered at workers who were installing benches.

"I'm freezing, but it's interesting to be in here before everything's started to grow," she said with a smile.

Kerslake, who's a member

of The Friends of the Public Gardens, said she doesn't mind the cold weather in spring.

"If I wanted to live somewhere warm I would," she said. "I like seasons."

It's colder than it would normally be on what was its opening day to a new season, said Halifax Regional Municipality spokeswoman Jennifer

Stairs, but added people use the space regardless of temperature.

The gardens typically open in mid-April and didn't open until May last year, so Stairs said they're "ahead of the game" this year with the opening date.

Harry Zhu was also on the grounds Monday and said he

was excited to see the gates open so early in the year and just had to go in for a walk and take some pictures.

"It's good sunshine, but unfortunately it's a bit cold for the opening day," he said.

Apart from a few crocuses popping up, the gardens are still looking bare.

Stairs said the horticulturists have been hard at work in the greenhouses and the plants are looking "fantastic." She says they just have to wait

until the weather warms up to start transplanting the plants.

With snow in the forecast, the gardens could already be closed tomorrow, but Stairs said staff will have to wait and see if there's snow and ice on the paths in the morning.

Weather permitting, the gardens will be open daily from 7 a.m. until half an hour before sunset.

The washrooms, cafe and Horticulture Hall are set to open Friday.



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CONDITIONAL RELEASE

'Black Widow' under police surveillance

An 80-year-old known as the "Black Widow" for killing and poisoning men who were her intimate partners has been under police surveillance since being released from a Nova Scotia prison last month, a Crown lawyer confirmed Monday.

"We're keeping very close eyes on her," James Giacomantonio said outside provincial court in Dartmouth after a hearing.

He also confirmed that Melissa Ann Shepard must continue to adhere to conditions in a peace bond she agreed to upon her release.

"There's nothing more we can



Melissa Ann Shepard.

THE CANADIAN PRESS FILE

do to someone who hasn't committed a criminal offence," the lawyer said. "The most we can do is find out where she lives and then put these protections in place so that ... she has at least some barriers to meeting a new potential victim."

When she left the women's prison in Truro on March 18, police issued a warning to the public, saying Shepard is considered a high risk to reoffend.

Under the terms of the peace bond, Shepard is required to report to police any potential relationship with a man, keep authorities aware of where she is living and inform police of changes to her appearance.

"She has to report all of her romantic relationships to the police," Giacomantonio said. "And the person who's involved in that relationship will be given the opportunity to speak to the police."

Shepard did not appear in court Monday when lawyers set a date for a hearing that will deal with her objections to some of the conditions in the peace bond.

THE CANADIAN PRESS



Halifax Regional Police investigators use a metal detector to look for evidence in the shooting death of Joseph Cameron on Mount Edward Road in Dartmouth last week. JEFF HARPER/METRO

Police search homes after fatal shooting

INVESTIGATION

No arrests made a week after young man killed



Yvette d'Entremont
Metro | Halifax

Police have searched three separate Dartmouth residences as part of their ongoing investigation into the homicide of Joseph Douglas Cameron.

The 20-year-old Dartmouth man's body was found lying on a sidewalk around Mount Edward Road and Spring Avenue at around 5:20 a.m. on March 29.

On Monday, police issued a news release stating that between 6 p.m. on April 3 and

1:30 a.m. on April 4, investigators had searched three separate addresses in the Kennedy Drive and Spring Avenue area and had "located several items of potential interest."

Due to the ongoing nature of their investigation, police could not elaborate on what those items were.

Last week Halifax Regional Police Const. Dianne Woodworth wouldn't say exactly how many times Cameron was shot, but did say witnesses heard multiple gunshots.

She also said Metro police didn't believe from information gathered up to that point that the shooting was a random act.

Cameron's March 29 death was the fourth homicide in the Halifax area in 2016.

The ongoing investigation into his death is being led by the homicide unit of the integrated criminal investigation division.

+ JOSEPH DOUGLAS CAMERON

Cameron to be remembered at event

"In remembrance, please tell someone you love them today because tomorrow is not promised."

That's the final line in the obituary that pays homage to the young man killed on a Dartmouth street last week.

A celebration of his life is being held at Holy Trinity Emmanuel Anglican Church in Dartmouth on Tuesday morning.

"Joey was a quiet, sensitive young man who possessed a wicked sense of humour which he openly shared with those closest to him," states his obituary.

The young man had recently returned to Nova Scotia after working in



Joseph Cameron. FACEBOOK

Vancouver. He was preparing for the next chapter in his life.

"He was very proud and excited that he had just received a letter from the Canadian Armed Forces to commence the application process for entrance to the military, Joey's lifelong ambition," noted his obituary.

HEADQUARTERS

Police looking for new office space

Halifax Regional Police are looking for some new digs.

A tender posted online is seeking proposals for 20,000 to 25,000 square feet of "usable office space."

"Halifax Regional Municipality is committed to providing cost effective, high quality police services to its residents," the tender says. "Inherent in this goal is the provision of appropriate and economical accommodations for policing programs and staff."

The new office space is intended to "consolidate several existing police program offices located within the metro area to a more centralized alternate location to enhance its current service delivery."

+ TENDER

The tender closes on April 19, and the police force hopes to sign a 10-year lease to begin no later than March 1, 2017.

The space must be located either in Bayers Lake, Burnside, Dartmouth Crossing, or within a 15-minute drive, or 12 kilometres, from the current offices at 1975 Gottingen Street.

The new location will have to have 80 parking spaces available for police fleet vehicles, along with public parking nearby.

ZANE WOODFORD/METRO

COURT

Man sentenced in string of arsons

One of the men responsible for a rash of fires last year in Joggins has been sent to prison.

Tyson Bradley Tompkins, 26, of Joggins, was sentenced in Amherst Provincial Court on March 31 to two years plus a day in federal custody after pleading guilty to five counts of arson on May 5, 2015, and one count of committing an

act of mischief by damaging the Trinity United Church in Joggins.

As part of his sentencing, Tompkins was ordered to pay \$20,000 restitution and provide a DNA sample.

The Crown withdrew a charge of conspiring to commit arson with two other assailants. TC MEDIA

CRIME

Teen facing weapons charges after shooting



Zane Woodford
Metro | Halifax

A 15-year-old boy is facing weapons charges after an early morning shooting in Dartmouth last week.

Police say the 15-year-old boy and a 17-year-old boy were arrested on Friday after a report of a gunshot near Booth Street and Main Street at about 4:21 a.m.

Later that day, police searched a home on Kennedy Drive and found two weapons.

The 17-year-old boy was released, but on Monday, police announced charges had been laid against the 15-year-old.

A release says he faces multiple weapons charges and three counts of breach of probation.

He was scheduled to appear

in Halifax provincial court on Monday.

Police spokesperson Const. Dianne Woodworth said police have not ruled out the possibility that this incident could be related to the shooting death of Joseph Cameron in Dartmouth earlier last week.

Talking trash: Councillor wants you to do more to clean up city

SPRING CLEANING

'Just bend over' and pick up litter, Whitman says

Nicole Gnatzdowsky
For Metro | Halifax

As melting snow reveals winter's litter build-up, some councillors say it's time to stop complaining about it.

Deputy Mayor and Hammonds Plains – St. Margarets Coun. Matt Whitman even goes as far to say, "just bend over and pick it up."

"If everyone picked up one piece of garbage we'd have the city clean by the end of April," Whitman said Monday.

Municipal spokesperson Jennifer Stairs said Monday litter is always a problem around this time of year, although this year may be better than last because of melting periods between snowfalls.

Stairs said the winter cleanup crews' primary focus is snow removal, but come April 1, the focus turns to city and parks clean-up.

Sean Kelly, spokesperson for environmental group, Clean Foundation, helps to organize group garbage cleanups throughout the province each year, but he said he wishes they didn't have to.

"Litter begets litter, where there is litter already around people won't feel bad adding to it," Kelly said on Monday.

Kelly said last year the group organized 205 cleanups throughout HRM in which more than 10,000 people par-



Where the garbage goes, and it's not pretty. The Otter Lake landfill. JEFF HARPER/METRO FILE

ticipated in gathering more than 5,100 bags of garbage and almost 700 bags of recyclables.

"One of the problems we have with litter in Halifax is it ends up in the ocean. In any area that it's getting into the water, it's affecting wildlife, it affects water quality, and it's an eyesore," said Kelly.

Kelly said that while litter pick-up is important, it shouldn't be the first step; consumer education on the importance of reducing waste should come first.

"A lot of people litter unintentionally whether it

NEED TO KNOW

HRM Litter pick-up starting soon

Weather pending, HRM will begin spring clean up early April. Street cleaning overnight parking restrictions will be in effect as of April 11 in accordance with the on-street signage.

Road operations staff will begin to sweep and wash the sidewalks

downtown. Parks staff will be out picking up litter and clearing winter debris.

Any litter on privately owned property is the responsibility of the landowner.

To organize a neighbourhood litter clean up, contact Clean Foundation's, Great Nova Scotia Pick-Me-Up program.

comes from animals ripping up garbage bags, or garbage

falling off the trucks," he said. "It's frustrating because a

lot of these items people are throwing away have worth, many are recyclable and have some monetary value," said Kelly, "but really everything has worth, everything is a resource."

Whitman believes the city has improved a lot by the way the garbage is cleaned up and collected, but agrees that running campaigns to educate the public on waste reduction would be beneficial.

"The city needs to make sure we make it important that people know not to litter. There is never any excuse for littering," said Whitman.

LITTER TOP 10

The most common litter items found by the Clean Foundation's Great Nova Scotia Pick-Me-Up volunteer community clean-up program:

- 1 Coffee cups
- 2 Cigarette butts
- 3 Plastic bags
- 4 Drink bottles
- 5 Food containers
- 6 Pieces of plastic
- 7 Drink cans
- 8 Bar/snack wrappers
- 9 Fast food wrappers
- 10 Fast food cups



PHOTOS: GETTY IMAGES

MUSIC

Halifax Jazz Festival bringing Lauryn Hill to city in summer

Brenlee Brothers
For Metro | Halifax

Organizers have announced multiple Grammy Award-winning artist Lauryn Hill is part of this year's TD Halifax Jazz Festival line-up. The world-renowned jazz/R&B/hip hop artist is set to perform on the festival's main stage at the Halifax waterfront on July 12.

Hill is the reason the TD Halifax Jazz Festival added another night to the festival, the event's executive director Heather Gibson said on Monday.

\$129

The price of a Standard festival pass, on sale now. Fusion passes sell for \$229.

confirmed, the whole slate of performers will be released April 30. Gibson said she's going to try to make it happen closer to the middle of the month.

The Halifax Jazz Festival has been trying to build up to featuring an artist like this for the last couple of years, Gibson said.

"There's one (artist) in particular coming out that I think will stretch the audience for us," she said.

As soon as the last act is

Judging by social media pick-up and the public's reaction, there's a chance tickets could sell out. There aren't many standard passes left. "They've been selling pretty quickly this morning," she said on Monday.

The event will be restricted to those 19 years of age and older. Tickets for Lauryn Hill's show go on sale Thursday, April 7. Tickets are \$68 including tax and service fees. They will be available at halifaxjazzfestival.ca, at etixnow.com or at the etixnow kiosks in the Halifax Forum and at Music Nova Scotia.



Lauryn Hill performs at Amnesty's "Bringing Human Rights Home" concert in New York in February. THE ASSOCIATED PRESS

'No bad feelings' after quitting show: DeCoutere

ALLEGED ASSAULT

Trailer Park Boys actress says cast, crew still her friends

Former "Trailer Park Boys" actress Lucy DeCoutere insists she remains friends with the cast and crew of the show she has resigned from despite saying her departure was linked to the arrest of a co-star in the U.S.

DeCoutere announced her resignation on Twitter on Saturday and said it was connected to one of the show's principal actors being charged with misdemeanour domestic battery a day earlier.

A publicist for the "Trailer Park Boys", however, reportedly said DeCoutere told the show's producer a few weeks ago that she would not be returning next season.

Late Sunday night, DeCoutere said it had been an "extremely tough" weekend.

"I am floored by the hundreds of derogatory, cruel and heartless messages I've read. For those who are being kind? Rock on! You make TPB fun," she Tweeted.

DeCoutere has become a well-known figure across the country after testifying against former CBC broadcaster Jian Ghomeshi at his sexual assault trial. He was found not guilty last month.

DeCoutere's co-star, Mike Smith, who played the character Bubbles on the cult comedy show, was arrested in Los Angeles on Friday, booked on suspicion of misdemeanour domestic battery and released hours later on bail.



Mike Smith, centre, better known as **Bubbles from Trailer Park Boys** — posing with John Paul Tremblay, as Julian, left, and Robb Wells, as Ricky — denies committing a misdemeanour offence. THE CANADIAN PRESS FILE



I am floored by the hundreds of derogatory, cruel and heartless messages I've read.

Lucy DeCoutere



He denied any wrongdoing in a written statement, saying the woman involved in the incident was a friend of his with whom he had a "loud

and heated dispute."

"At no time did I assault her. I am not guilty of the misdemeanour charged against me," he said.

In the same statement, which was issued by the "Trailer Park Boys," a woman who says she was described as the alleged victim in the incident also denied the police allegations.

"It saddens me the way things are being reported and the way it was handled by the police," the woman is quoted as saying.

"At no point did I feel I was in danger, otherwise I would've

called the police myself, which I did not. The police were called by others not present in the room who mistakenly perceived the argument to be something other than what it was."

After news of Smith's arrest surfaced, DeCoutere tweeted: "If I find out that somebody is abusive, I cut them out of my life" and then announced she was leaving the show.

THE CANADIAN PRESS

DENNIS OLAND

Convicted murderer denied bail again

Dennis Oland's bid to become the first convicted murderer to be granted bail in New Brunswick history was rejected for a second time Monday by the province's appeal court.

Oland, 48, was sentenced to life in prison on Feb. 11 with no chance of parole for 10 years in the July 2011 murder of his father, multi-millionaire businessman Richard Oland.

In a six-page decision, the Court of Appeal of New Brunswick confirmed an earlier court decision to deny bail to Oland.

"In my respectful opinion, the appellant has failed to make the case for reversal," wrote Chief Justice Ernest Drapeau on behalf of the three-judge panel that heard the case.

"In my view, the decision to deny bail is neither unreasonable nor the product of any material error of fact, law or mixed law and fact."

In a Feb. 17 decision, Justice Marc Richard of the New Brunswick Court of Appeal said although Oland was not a danger to the public, that wasn't a good enough reason to grant him bail pending an upcoming appeal.

Richard also said confidence in the justice system would be undermined if Oland was released.

In his decision, Drapeau noted that the review of the decision denying bail wasn't one of law but was "in essence a judgment call."

In an emailed statement, Dennis Oland's mother Connie and his wife Lisa expressed disappointment at the court's decision, but said the legal battle would continue to "prove Dennis's innocence."

"We know Dennis has been wrongly convicted and we will not rest until he is home and Dick's killer is found."

THE CANADIAN PRESS

2015

BETWEEN:

SUPREME COURT OF NOVA SCOTIA
THE TORONTO-DOMINION BANK, a body corporate
- and -
LAURENCE PHILIP NAYLOR a.k.a. LAWRENCE PHILIP NAYLOR

Hlx No. 443679

PLAINTIFF

DEFENDANT

NOTICE OF PUBLIC AUCTION
To be sold at Public Auction under an order for foreclosure, sale and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property: All that certain parcel of land known as 38 Oakwood Avenue, Dartmouth, Halifax County, Nova Scotia, also known as PID 00228841 and more fully described in the mortgage registered at the Halifax County Land Registration Office as document number 105918180. The parcel has been registered pursuant to the Land Registration Act. The parcel is subject to a Restrictive Covenant registered at the Halifax County Land Registration Office as Document 5130, Book 2370, Page 339.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's Office and may be inspected during business hours.

Date of Sale: April 8, 2016

Time of Sale: 11 o'clock in the Forenoon.

Place of Sale: The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia

Terms: Ten per cent (10%) deposit payable to Cox & Palmer in trust by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

Signature
Signed on the ____ day of March, 2016.

I. Andrew Rankin
BURCHELLS
1800-1801 Hollis Street
Halifax, NS B3J 3N4
Telephone: 902-423-6361/Fax: 902-420-9326
11260-1086315/mer

Nicholas C. G. Mott, Barrister and Solicitor

2015

BETWEEN:

SUPREME COURT OF NOVA SCOTIA
THE TORONTO-DOMINION BANK, a body corporate
- and -
KIMBERLEY SUZANNE MERRICK

Hlx No. 446628

PLAINTIFF

DEFENDANT

NOTICE OF PUBLIC AUCTION
To be sold at Public Auction under an order for foreclosure, sale and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property: All that certain parcel of land known as 158 Victoria Road, Dartmouth, Halifax County, Nova Scotia, also known as PID 00040493 and more fully described in the mortgage registered at the Halifax County Land Registration Office as document number 101497262. The parcel has been registered pursuant to the Land Registration Act.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's Office and may be inspected during business hours.

Date of Sale: April 8, 2016

Time of Sale: 10 o'clock in the Forenoon.

Place of Sale: The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia

Terms: Ten per cent (10%) deposit payable to Cox & Palmer in trust by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

Signature
Signed on the ____ day of March, 2016.

I. Andrew Rankin
BURCHELLS
1800-1801 Hollis Street
Halifax, NS B3J 3N4
Telephone: 902-423-6361/Fax: 902-420-9326
11260-1086315/mer

Nicholas C. G. Mott, Barrister and Solicitor



A graffiti marriage proposal on an obscure ridge at Cape Forchu lighthouse has been popping the big question for several years. COURTESY TY BOURGET

Residents say 'I do not' to rock graffiti

YARMOUTH

Old proposal scrolled near lighthouse site causes new stir

When it comes to marriage proposals, graffiti is not suggested, especially on the property of one of the region's icons.

Yarmouth photographer Ty Bourget posted a photo on social media in late March of graffiti painted on a rock at the Cape Forchu lighthouse.

The words, "Will you marry me?" are facing away from the view of trail users, but still caused a social media outcry.

"What would you say?" Bourget asked his friends.

The response, for the greatest part, was immediate and

angry.

"The landscape and crisp ocean air is the art, keep it unsullied," commented Michael Johnson.

"Should have used chalk," said Nadine Marie.

Bourget says he's come across the graffiti a few times.

"I thought it was crazy that someone would spray paint in such a beautiful place."

Gert Sweeney, with Friends of the Yarmouth Light Society, says removal of painted graffiti would be dependent on where it's located.

might not be able to get the equipment close enough to do that," she said.

Her advice for suitors is to pop the question in an environmentally friendly way, similar to how Adam Sollows proposed to Samantha (Sam) LeBlanc-Nakpil in January.

Sollows used small stones to spell out the important question on the ground in front of a bench in the Leif Erikson Park.

"Or maybe someone could put up a sign that can be removed.... but please don't

“The landscape and crisp ocean air is the art, keep it unsullied.”

Michael Johnson

"The only environmental way to have it cleaned is to have it sand-blasted. If it's too far down (on jagged rocks) we

take away from the natural beauty of the site," said Sweeney.

YARMOUTH VANGUARD/TC MEDIA

CEREMONY

Province celebrates 65 of N.S.'s most tireless volunteers

Sarah Rae

For Metro | Halifax

The co-founders of a non-profit group that reaches out to people recovering from addictions, abuse and homelessness were among 65 volunteers honoured by the prov-

incial government Monday.

Nancy and Bernie Schultz won the Family Volunteer Award for their organization, which provides hundreds of Christmas bags containing hand-knit scarves to people in need.

Lt.-Gov. J.J. Grant, Premier Stephen McNeil and Community Services Minister

Joanne Bernard honoured the volunteers at the 42nd Provincial Volunteer Award Ceremony.

Julia Kuhn received the Youth Volunteer Award for her work at many different organizations, including Feed Nova Scotia, the IWK, Gender Sexuality Alliance, and Rotary Club.

MUNICIPAL MATTERS

Halifax regional council to decide on e-voting options

Zane Woodford
Metro | Halifax

Halifax regional council will vote Tuesday on how residents of the municipality will be able to vote in October's municipal and school board elections.

The vote on the report — recommending an expenditure of \$2.2 million for electronic and in-person voting in the lead-up to Election Day and in-person voting only on Election Day — was deferred in December because of fears of fiscal instability at the company responsible for e-voting.

Last month in an in-camera session, council voted to allow that company, Intelivote, to join forces with another

e-voting company, Scytl. That team now holds the tender for the 2016 elections, and any more that come between now and April 2020.

Last month, Halifax Regional Municipality put out a tender seeking a back-up firm for e-voting, in case there are issues with Intelivote, but the company's president, Dean Smith, told Metro that his partnership with Scytl would provide the stability needed to carry out his contract.

\$2.2 million

The report recommends spending \$2.2 million for electronic and in-person voting.

CAPE BRETON

Trial date for new charges set for man accused of murder

A Glace Bay man was assigned a Supreme Court trial date Monday on charges that include intimidation of a witness.

Morgan James MacNeil, 25, is also to stand trial on uttering a threat and breaching a court order. The offences are alleged to have occurred June 2, 2015, at the Cape Breton Correctional Centre.

A trial on those charges is now set for Jan. 9-11, 2017.

MacNeil is also awaiting a Supreme Court trial in September on a charge of second-degree murder.

He and co-accused, Thomas Ted Barrett, 41, are charged in connection with the May 2012 death of Laura Catherine Jesome, 21, of Bras d'Or, whose

IN BRIEF

Cape Breton United Way officials to meet with PM

The issue of child poverty in Cape Breton will receive some high-profile attention over the next several weeks.

Lynne McCarron, executive director of the United Way Cape Breton, said she and this year's campaign co-chairs, Steve and Katherine van Nostrand, have confirmed they will be meeting with Prime Minister Justin Trudeau this month.

"We've been told that we are officially invited to have a meeting with the prime minister in April," she said.

McCarron said the island's high child poverty rate will be the main focus and she and the van Nostrands are looking forward to raising the issue with Trudeau. According to the 2015 Report Card on Child and Family Poverty in Nova Scotia, 32.4 per cent of Cape Breton children are living in poverty — the highest rate in Atlantic Canada.

TC MEDIA

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CLIMATE CHANGE

Southern polar bears losing weight

The world's southernmost population of polar bears has already lost significant amounts of body weight after decades of shrinking sea ice with breeding females suffering the most, says new research from the Ontario government.

"They're in poorer condition now than they were in the 1980s," said Martyn Obbard, of the province's natural resources department, one of the co-authors of the paper published by the National Research Council.

For decades, Obbard has been studying the roughly 900 bears that live along the northern Ontario coast from James Bay to the Manitoba boundary. Living on the southernmost fringe of polar bear habitat makes them uniquely vulnerable to climate change, he said.

For about 3 decades, the Hudson Bay ice season has been shrinking at the rate of one day a year. That means bears now spend roughly 30 days less on the sea ice than their ancestors back in the 1980s.

Bears depend on the ice to reach seals, an essential fatty, energy-rich meal. Reduced sea ice has already been shown to

be causing problems for bears on the bay's western shores and Obbard wanted to see if the same was true further south.

Using data from 900 bear captures between 1984 to 2009, he found the average weight of males had dropped by 45 kilograms and females by 31 kilograms. The number of bears had remained stable, so the weight loss wasn't from increased competition.

But when Obbard compared the drops in bear weight to the number of days with the minimum amount of sea ice the bears need for a hunting platform, he found the two changes moved in parallel. He had found the answer.

"Take the simplest explanation — these dramatic changes in sea ice. Now that we have bears that are spending 30 days longer on land, they have 30 days shorter to hunt."

Some scientists suggest bears can replace those nice, fat seals with meals found on land — geese, eggs or moose calves. But Obbard said those resources have always been available and didn't stop the slide in weight.

THE CANADIAN PRESS



A polar bear mother and her cubs huddle in Wapusk National Park on the shore of Hudson Bay near Churchill, Manitoba, in this Nov. 6, 2007 file photo. THE CANADIAN PRESS FILE



Mexican-Canadian Diego Reyna hung a Mexican flag at the top of Trump tower in Vancouver to send Donald Trump a message: 'This building is standing here today, thanks to us.' CONTRIBUTED/TORSTAR NEWS SERVICE

Mexican flag waves atop Trump tower

SOCIAL MEDIA

'It's Mexicans that built this tower,' worker declares

 **Emily Jackson**
Metro | Vancouver

A Mexican-Canadian construction worker created an online sensation for flying a Mexican flag from the rooftop of the prestigious Vancouver Trump Tower over the weekend to poke at U.S. Republican presidential candidate Donald

Trump.

Port Moody, B.C. resident Diego Reyna put up the Mexican flag in response to Trump's comments about Mexicans being criminals and rapists, according to his Facebook post that was shared over 5,000 times by Monday afternoon.

"It's Mexicans that built this tower. This building is standing here today thanks to us, to our work, our labour," Reyna said in a YouTube video that showcases the view from the swanky, soon-to-be-complete building in Vancouver's financial district.

"So there's a little present for Mr. Trump, so every time you judge us you can think, who is building your towers? We are."

The construction crew that built the 63-storey tower — one city councillor called it a "beacon of racism" after Trump suggested banning Muslims from the U.S. — included many Mexican labourers who worked on everything from the steel framing to the drywall, Reyna said.

"Mr. Trump, we did our best work, your tower here in Vancouver is premium quality, and we were a crucial part of it, not just Mexicans but immigrants as a whole," Reyna wrote, asking people to share his post so it makes it to Trump's newsfeed.

Reyna joins a chorus of more than 50,000 Vancouverites, including Mayor Gregor Robertson, who signed a petition

asking developer Holborn to remove Trump's brand from the Arthur Erikson-designed tower.

Holborn CEO Joo Kim Tiah is overseas and could not immediately be reached for comment, but he has previously stated Holborn has contracts with Trump International that cannot be altered.

"Holborn, a company that has contributed immensely to the growth of Vancouver, is not in any way involved in U.S. politics. As such, we would not comment further on Mr. Trump's personal or political agenda, nor any political issues, local or foreign," according to a December statement from Holborn.

IN BRIEF

Panel to help shortlist female nominees for 2018 Canadian banknote

The Bank of Canada has appointed a group of people to develop a short list of Canadian women whose images could appear on a new banknote in 2018. The bank said it has received more than 18,000 submissions since issuing a public call for nominations. The advisory council will narrow the list to between 10 and 12 nominees and survey Canadians on those names. THE CANADIAN PRESS

Washington at 6 Kat counts down the HOTTEST songs of the day.

SIX@6 LAST NIGHT:

6 Zara Larsson ft. MNEK
Never Forget You

5 G-Eazy ft. Rita Ora
Me, Myself and I

4 Fifth Harmony ft. Ty Dolla Sign
Work From Home

3 Halsey
Lose Control

2 Lukas Graham
7 Years

1 Meghan Trainor
No

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RESIDENTIAL SCHOOLS

Records can be destroyed: Court

Survivors of Canada's notorious residential school system have the right to see their stories archived if they wish, but their accounts must otherwise be destroyed in 15 years, Ontario's top court ruled in a split decision Monday.

At issue are documents related to compensation claims made by as many as 30,000 survivors of Indian residential schools — many heart-rending accounts of sexual, physical and psychological abuse.

Compensation claimants never surrendered control of their stories, the Appeal Court

said.

"Residential school survivors are free to disclose their own experiences, despite any claims that others may make with respect to confidentiality and privacy," the court said.

The decision came in response to various appeals and cross-appeals of a ruling by Superior Court Justice Paul Perell in 2014 related to claims made under the confidential independent

150K

About 150,000 First Nations, Inuit and Metis children were forced to attend the church-run residential schools.

assessment process (IAP) set up as part of an agreement that settled a class action against the government.

The federal government and Truth and Reconciliation Commission fought destruction of the documents, saying they should be kept

to preserve the historical record of residential schools. Catholic parties argued for their destruction.

THE CANADIAN PRESS

INVESTIGATION

Feds to study 'tax gap'

A senator who has crusaded against tax evasion has released recent correspondence from the revenue minister revealing the government's plan to determine how much money Canada loses to tax dodgers.

Revenue Minister Diane Lebouthillier says in a Jan. 20 letter to Sen. Percy Downe that her department will try to estimate the value of Canada's so-called "tax gap," the difference between what is owed in taxes and what is actually collected.

The senator was responding to the leak of 11.5 million records from Panamanian law firm Mossack Fonseca, the authenticity of which the firm has confirmed.

Lebouthillier's letter says Canada will work with the Organization for Economic Co-operation and Development, which uses the tax gap measure to help develop policies that target tax evaders.

But Downe said he won't cheer until the Canada Revenue Agency actually releases data to the parliamentary budget officer so he can begin measuring the gap. Downe said he that's why he plans to table a bill in the Senate next week that would require the government to measure the tax gap.

The Royal Bank said Monday it operates within the law and has policies to prevent tax evasion after reports said it used the Panamanian law firm whose leaked documents are said to reveal the use of offshore tax havens.

The bank said there are legitimate reasons to set up a holding company, but if it believes a client intends to commit a criminal offence by evading taxes, it would report that and not serve the client.

THE CANADIAN PRESS

A glimpse into how the rich hide their money

PANAMA PAPERS

Shell companies used to obscure identities of true owners

A leak of 11.5 million documents from a Panama-based law firm offers a glimpse into the shadowy world where the rich and powerful hide their money, raising sharp questions about the use of shell companies that obscure the identities of their true owners.

Leaders of the Group of 20 — representing about 80 per cent of the global economy — have vowed to crack down on the practice, which is blamed for helping conceal money laundering, corruption and tax evasion.

By themselves, shell companies aren't illegal. Countries have tightened rules on using them — but not enough to satisfy anti-corruption activists.

News organizations working with the Washington-based International Consortium of Investigative Journalists have been processing the legal records from the Mossack Fonseca law firm that were first leaked to the *Sueddeutsche Zeitung* newspaper based in Munich, Germany.

In reports that began Sunday,

LEADERS

Among the countries with past or present political figures named in the reports are Iceland, Ukraine, Pakistan, Saudi Arabia, Russia and Argentina.



Police stand by as people protest against Iceland's PM Sigmundur David Gunnlaugsson in Reykjavik Monday. AFP/GETTY IMAGES

they said the document dump that they dubbed the "Panama Papers" shows the hidden offshore assets of politicians, businesses and celebrities, including 12 current or former heads of state.

The law firm said in a statement it observed all laws and international standards covering corporate registrations.

Ramon Fonseca, a co-founder of Mossack Fonseca — one of the world's largest creators of shell companies — confirmed to Panama's Channel 2 that documents investigated by the ICIJ were authentic and had been obtained illegally by hackers. But he said most people identified in the reports were not his firm's direct clients but were accounts set up by intermediaries.

One of the most prominent subjects of the report is Russian President Vladimir Putin, although his name does not appear in the documents. ICIJ said on its website that the documents show how complex offshore financial deals channeled as much as \$2 billion to a network of people linked to Putin.

The ICIJ said the documents involve 214,488 companies and 14,153 clients of Mossack Fonseca.

The data was from 1977 through 2015, the paper said. The newspaper and its partners verified the data's authenticity by comparing it to public registers, witness testimony and court rulings, Obermayer added.

"It allows a never-before-seen view inside the offshore world —

providing a day-to-day, decade-by-decade look at how dark money flows through the global financial system, breeding crime and stripping national treasures of tax revenues," the ICIJ said.

Panama "is the last major holdout that continues to allow funds to be hidden offshore from tax and law enforcement authorities," said Angel Gurria,

secretary-general of the Organization for Economic Cooperation and Development, an organization representing mostly rich countries. It has been working with the G-20 to restrict the use of shell companies.

Reports based on the leak said Iceland's Prime Minister Sigmundur David Gunnlaugsson set up a company called Wintris Inc., in the British Virgin Islands

in 2007 with his partner at the time, Anna Sigurlaug Palsdottir, who is now his wife.

He reportedly sold his half of the company to Palsdottir for \$1 on Dec. 31, 2009, the day before a new Icelandic law took effect that would have required him to declare the ownership of Wintris as a conflict of interest.

Wintris lost money as a result of the 2008 financial crash that crippled Iceland, and is claiming a total of 515 million Icelandic kronur (\$4.2 million) from the three failed Icelandic banks: Landsbanki, Glitnir, and Kaupthing.

THE ASSOCIATED PRESS

FOR MORE DETAILED COVERAGE, VISIT metronews.ca

DEPORTATIONS

EU starts shipping migrants in Greece to Turkey

A controversial European Union plan to stem the flow of refugees began Monday with the deportation of more than 200 people from Greek islands to Turkey, despite concerns over human rights and criticism that Europe was turning its back on refugees.

As dawn broke, buses filled with migrants left under heavy security from a detention centre on the island of Lesbos headed to the port for the short boat ride to the Turkish port of Dikili. More were ferried across from the island of Chios, where riot police clashed hours earlier with demonstrators protesting the

expulsions.

In all, 202 people from 11 nations were sent back. They included 130 Pakistanis, 42 Afghans, 10 Iranians, five Congolese, four Sri Lankans, three Bangladeshis, three from India, and one each from Iraq, Somalia and Ivory Coast, as well as two Syrians who Greek authorities said had asked to be sent back.

Human rights groups expressed deep concern over the operation.

"The returns underway this morning in the Aegean are the symbolic start of the potential disastrous undoing of Europe's

THE ASSOCIATED PRESS



Police escort migrants, who are being deported from Lesbos, on to a ferry before it returns to Turkey on Monday. GETTY IMAGES

IN BRIEF

Iraqi forces enter Daesh-held city Hit, thousands flee fighting

Iraqi forces have entered the town of Hit, a week after launching an operation to retake the western town from Daesh fighters, commanders at the scene said Monday.

Iraq's elite counterterrorism forces, who are leading the offensive, said they are clearing Daesh fighters from Hit's northern neighbourhoods as they push in toward the town centre. THE ASSOCIATED PRESS

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STONE

Cold-fX makers misled public: Suit

MEDICINE

Customers exposed to health risk, documents say

The makers of Cold-fX are in court fighting allegations they ignored their own research and misled consumers about the short-term effectiveness of the popular cold and flu remedy.

Valeant Pharmaceuticals will oppose an application in British Columbia Supreme Court to grant the lawsuit class-action status.

Vancouver Island resident Don Harrison launched his original claim in 2012 against Valeant and its subsidiary, Afexa Life Sciences, over advertising saying that Cold-fX offered "immediate relief of cold and flu" if taken over a three-day period at the first sign of symptoms.

Harrison's notice of claim said Valeant and Afexa continued to "knowingly or recklessly"



Boxes of Cold-fX medication
THE CANADIAN PRESS

promote Cold-fX despite evidence the natural-health product only had a possible positive impact after being taken daily for prolonged periods of two-to-six months.

Valeant also unnecessarily exposed its customers to a health threat by distributing a useless drug with a risk of adverse side effects, he said.

In a statement, the Laval, Que.-based company said it denies the accusations being made against it and will fight the application for class-action certification.

"Valeant believes the suit is without merit and is vigorously defending this matter," read the document. None of the allegations have been proven in court.

Afexa is the original manufacturer and licence holder of Cold-fX and was bought by Valeant in 2011.

Harrison's lawyer John Green also alleged Valeant and Afexa kept quiet about an internal study conducted in the early 2000s that contradicted the health claims around Cold-fX.

"The defendants knew at least as early as 2004, when they had a study done themselves, that Cold-fX might be even less effective than a placebo," he said.

"The study actually showed the placebo to be more effective at relieving (some) cold symptoms than Cold-fX."

The study found the product effectively reduced the severity of a runny nose during the early days of a respiratory infection, but that it had limited efficacy in treating other symptoms, particularly a cough and stuffy nose.

THE CANADIAN PRESS



ELECTRIC CAR TESLA ORDERS STILL RIDING A sales rep, left, helps a customer pre-order the Tesla Model 3, in Santa Monica, California, on March 31, 2016. Tesla Motors' CEO Elon Musk says worldwide orders for a new lower-priced electric car hit 276,000. Musk posted the number Sunday on his Twitter feed. He says if the trend continues orders will hit 500,000. Tesla's new Model 3 starts at \$35,000 and has a range of 215 miles per charge. Customers must put down \$1,000 to order the cars, which go on sale in late 2017. AFP/GETTY IMAGES



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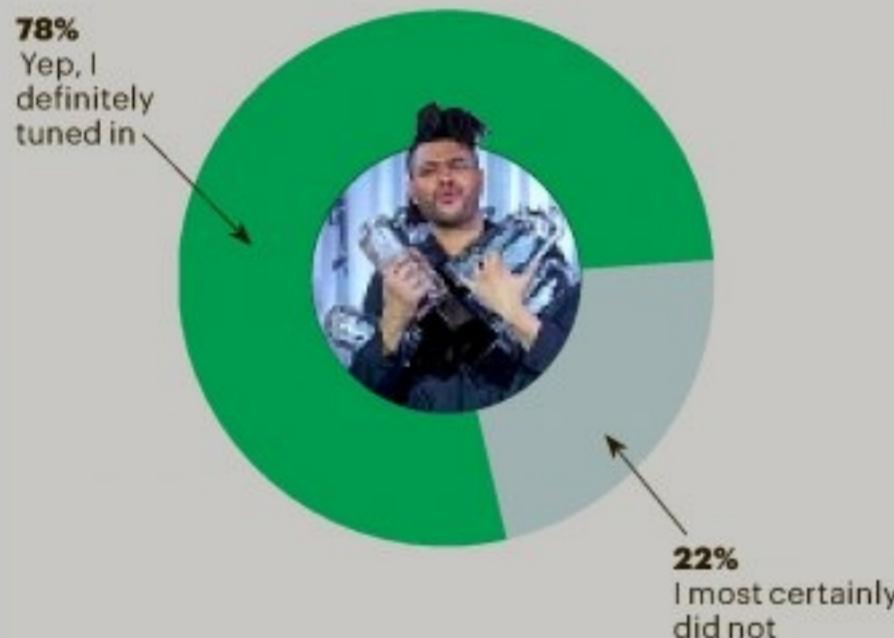
METRO POLL

Do you rock with the Junos?

Glitz and fame or kitsch and shame?

The Juno Awards ceremony aired on Sunday. While some Canadians say the show provides our homegrown music industry with a much-needed injection of glamour, others think it's an unconvincing and ultimately embarrassing attempt to be something that we're not. We asked for your take, and your indifference to the event came through loud and clear.

1 Did you watch the Junos on Sunday?



2 What do you think of the Junos, generally?

44% Don't care. We're talking about an awards show. Yawn.
 31% Love them. Let's celebrate our word-class talent!
 25% Can't stand them. Just a poor facsimile of the Grammys.

WE ASKED Metro readers

Honestly, I thought it was one of the better Juno shows in years.

Didn't watch. The Walking Dead was on at the same time.

Why watch celebrities pat each other on the back for hours on end?

I watched because I prefer Canadian culture to that c**p that comes from the U.S.!

I paid \$500 for two tickets a few years ago and it was drab. I expected Hollywood lol! It was not.

I tend to be most interested in classical music and jazz. There's too little coverage of that to interest me in most music awards shows.

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HAVE YOUR SAY

ROSEMARY WESTWOOD

metroview

Panama Papers unite the world in an era of economic separation

Equal proximity.

That is what I have, and you have, along with people in Mexico, Indonesia, Pakistan, or Australia, to the revelations of the Panama Papers.

The massive leak of documents from a secretive Panamanian law firm exploded into the news cycle on Sunday. Since then, citizens in 78 countries have been learning how tax havens are impoverishing their nations while enriching the already rich.

An incredible 107 news organizations around the world collaborated on these documents in a yearlong investigation. The number of journalists on the project was 376. So editors at each participating outlet would have seconded an average three journalists, for a full year, to investigate the document's leads.

In an age of global media belt-tightening, where investigative journalism is increasingly too costly for some, that is significant. It says something about the scope and impact of global income inequality that this is a massive story right around the world.

I've balked at the rhetorical transformation of "citizens" into "taxpayers." It puts too much emphasis on how much we pay out; too little on how much we help each other. It trivializes our shared communities, in favour of elevating individual pet peeves.

But as these documents show, we're not even all tax-

payers. Any Canadian can legally set up a shell company in a tax haven and avoid paying a fair share of their wealth. The practice is both legal and abominable. It's costing Canadians an estimated \$6 billion a year. And our outrage is shared by people in other nations, reading their own localized version of the same story.

"The Panama Papers: Secrets of the Super Rich" ran the ABC network's special program in Australia. "Foreign deals of Kenya's big names exposed" ran a headline in Kenya's The Daily Nation.

There were headlines in the German newspaper Süddeutsche Zeitung, Rede TV in Brazil, Prosecco in Mexico, Tempo in Indonesia, the Miami Herald and Alalam Aljazeera in Iraq. It would take a whole column just to name all the collaborators.

Under each headline, the same basic story: how secret financial practices undermine confidence, to whatever extent it exists in each nation, in the idea that we are all treated equally by government.

An especially cynical colleague doesn't think this gargantuan journalistic effort will bear much fruit. And it's true that the very rich have always played with a different set of cards. But perhaps we are in a new era of globalized outrage over income inequality? And maybe, on the wave of that outrage, we can change some of the rules of the game.

N.S. panicked on ferry file and we got the bill

HALIFAX MATTERS

Stephen Kimber



a ferry service this summer between Yarmouth and Portland, Maine.

Though summer was mere months away and advance marketing would be crucial to the season's success, Transportation Minister Geoff MacLellan pasted on his best what-me-worry smile. "We're not getting an indication from Bay Ferries (CEO Mark MacDonald) that it's time for concern," MacLellan told the CBC. "When we have a vessel, he'll let us know."

We now know why MacDonald wasn't concerned. Bay Ferries has a deal. A sweet deal. A 10-year contract. The province has agreed to pony up \$32.7 million over the next two years (and who knows how much for the following eight) for two years' guaranteed use of a failed high-speed Hawaiian ferry-turned-U.S.-navy-surplus.

Local tourism operators desperately needed to know if there would — as the government had promised — be

The government appears to be shipping significant tax dollars to the U.S. navy.

Nova Scotia taxpayers are currently covering the \$9 million it will cost to retrofit the all-American-crewed catamaran at a shipyard in South Carolina. We're on the hook for \$4.1 million in start-up costs, plus all operating cash losses, not to forget an undisclosed management fee Bay Ferries will pocket for spending our money.

No wonder Bay Ferries wasn't concerned.

This was a deal done in desperation and announced on the eve of a four-day weekend by a government hoping no one would ask too many questions.

There are still many questions.

The biggest, of course, is whether the benefits of having a ferry service outweigh the costs.

The key benefit: more American tourists. But their numbers have been in steady decline since 2002, long

before the province first tried to eliminate subsidies, in 2009. While Americans do spend Yankee dollars in hotels and restaurants, most tourism jobs are low-paid and seasonal. The 2016 ferry season: 107 days.

The costs: Besides the subsidies themselves, the government appears to be shipping significant tax dollars to the U.S. navy and a South Carolina shipyard.

How would a cost-benefit analysis of subsidizing the ferry service stack up against a similar analysis of ... well, for the sake of argument, let's say supporting the Nova Scotia film industry?

Discuss.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Tuesday.

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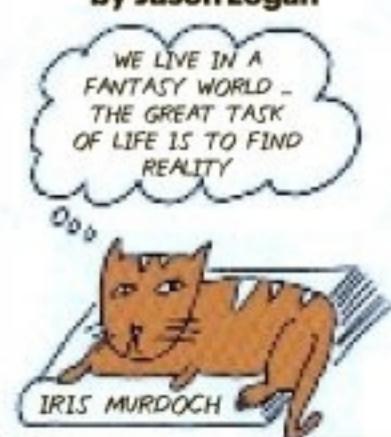
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SMARTER BETTER FASTER

Author says feeling in control boosts productivity

Megan Haynes
For Metro Canada

As he raced to finish his first book, *The Power of Habit*, author Charles Duhigg felt like he was stuck on a treadmill of emails. "It felt like the harder and faster I was running, the farther behind I was falling," he says. "Working harder and making bigger sacrifices didn't get me out from underneath the avalanche."

While that wasn't a pleasant experience, it did inspire his next book about productivity, *Smarter Faster Better*.

Metro spoke with him about why control is important for motivation, tips to filtering out distractions and why being productive doesn't mean being more efficient.

How are productive people better at getting things done?

The most productive people tend to tell themselves a story about what's going on as it goes on. They spend 10 minutes each morning visualizing what's going to happen each day. So when they're in a situation where they have to decide "should I pay attention to this or should I ignore it?" it's easy for them to make that decision because they have some story in their head about how their day is supposed to go, whereas the rest of us just react.

What can nursing homes



and the concept of control teach us about motivation and productivity?

There was a question researchers asked in the 1980s: Why (do) some people move in to nursing homes and lose all motivation, essentially waiting to die, (while) others started exercising more, eating healthily and maintaining relationships with friends?

Those who were motivated to live would almost go out of their way to break the rules. (At this one nursing home) where everyone had an assigned meal,

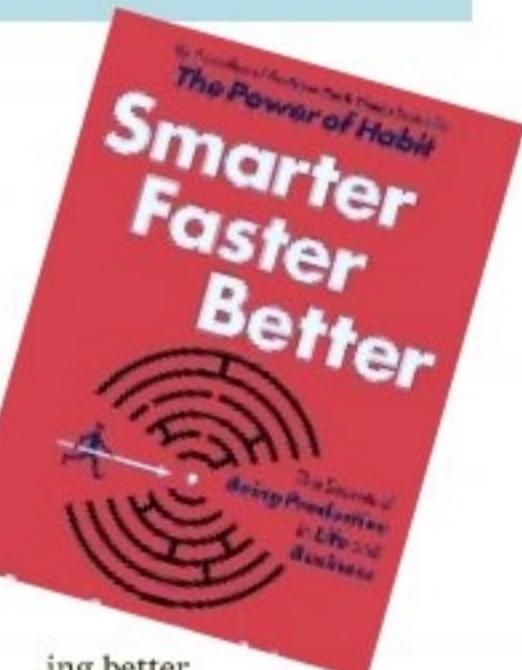
this one group of residents would trade all their food. This one guy loved chocolate cake, but instead of eating the cake he got every night, he would trade it for a fruit or a brownie. He said "I would rather eat a meal of my own design than eat the best chocolate cake that was forced on me." That's why this group of residents could motivate themselves. They kept looking for choices to prove they were still in control of their own lives. When you're in your office inundated with emails and you feel like you just have

to hit "reply, reply, reply," finding some way to prove you're still in control — some choice you can make — that's how you spark motivation.

Why is control such an important factor in motivation and productivity?

Nobody likes being a cog in a machine. That's one of the things that's happened in the last 30 years we've often times mistaken efficiency for productivity. The more automatic we can make it, then that must mean it's more productive. The busier I am, the more productive I am.

It's actually the opposite: the more I can think "what's the right way to spend my time? Do I have control over the choices I'm making?" that's where productivity comes from. It's not about being busier. It's about mak-



ing better choices.

Is productivity getting your kids to school as fast as possible so you can get to your desk and start getting work done? Or is it having the time to walk with your kids to school so you're more relaxed. (You have to define) what is productivity to you.



JOHANNA SCHNELLER WHAT I'M WATCHING

Brother-sister bond explored

THE SHOW: *Casual*, Season 1, Episode 1 (Crave/Hulu)
THE MOMENT: The opening scene

Valerie (Michaela Watkins) and Alex (Tommy Dewey), brother and sister, are at their father's funeral, talking smack.

"Her husband tried to kill himself last year," Valerie says about one woman.

"That makes sense," Alex responds, then gestures to his dad's corpse. "He'll be forgotten in a week." He wakes with a start.

It's just a dream.

Later, Alex — a louche bachelor who's created a dating site — relates the dream to Valerie, a psychiatrist who recently separated from her husband and moved into Alex's house with her teenage daughter. "Everyone's so awful, it's impossible not to sh*t on them," Alex says. "Even in my dreams I don't relate to people."

Valerie's equally damaged. When Alex urges her, "Go be with somebody," she replies, "I don't know if I can."

As they say in screenwriting, Theme Stated. In a few swift scenes, we know exactly what this series, from creator Zander Lehmann and producer Jason Reitman, is about: A relationship that's rarely explored on screen (brother/sister) is the only one these two can manage. We'll watch for its snappy one-liners — "The whole faculty is depraved," a high-schooler says. "They're like Eyes Wide Shut on minimum wage" — and to see if the two leads will soften and grow.

Also interesting: Cynicism and unlikeability used to be the purview of film, while half-hour sitcoms were populated by fluffy characters we chuckled with. The proliferation of streamed TV (Hulu, Amazon, Netflix, et al) is changing that faster than you can say Flaked, You're the Worst, Hello Ladies... et al.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Casual is about a brother/sister relationship that's rarely explored on screen. CONTRIBUTED

BABY BOOMER HEALTH

Risky actions not cause of Hep C peak: Study

Canadian researchers have determined the peak of the hepatitis C epidemic in North America occurred about 15 years earlier than previously believed, suggesting it wasn't youthful indiscretions that put baby boomers at a high risk for the disease.

And that means, say researchers, that all those who belong to the post-Second World War generation should be screened for the potentially deadly infection, which can take up to 50 years to manifest symptoms.

An estimated 300,000 Canadians are infected with hepatitis C, with baby boomers — the generation born between 1946 and 1964 — making up about 75 per cent of cases. Over time, hepatitis C can severely scar the liver, leading to cirrhosis, and is a known cause of liver cancer as well as liver failure.

It was long thought that boomers who were infected with the blood-borne virus likely contracted the disease in their late teens or early 20s, due to such risky behaviours as IV drug use or sexual experimentation.

But a study by B.C. researchers found the peak of the hepatitis C epidemic occurred about

+ STIGMA

Dr. Julio Montaner suggested stigma associated with hepatitis C — arising from the belief the infection was contracted due to IV drug use or "rough sex" — has been misplaced. "So hepatitis C testing has always carried a certain degree of stigma and it's been a difficult conversation," he said.

1950, when many baby boomers were young children, and had plateaued by 1960 — well before the zenith of injection drug use at the end of that decade.

The oldest of the baby boomers were just five years old at the peak of the epidemic.

"The spread of hepatitis C in North America occurred at least 15 years earlier than it was suspected before, and if that is the case, the baby boomer epidemic ... cannot be explained by behavioural indiscretions on the part of the baby boomers," said co-investigator Dr. Julio Montaner, director of the BC Centre of Excellence in HIV/AIDS.

"We suspect that this is more

likely attributable to medical practices at the time," said Montaner, explaining that hepatitis C hadn't yet been identified and injections and blood transfusions were given employing reusable glass-tube syringes and metal needles, which were subject to contamination despite boiling.

"The baby boomers in North America ought to be offered hepatitis C screening," he said, "not because they did anything wrong but because they are baby boomers, and so they were alive at a time in which the standard of care was such that we are all potentially at risk of having contracted hepatitis C."

A plateau in the spread of hepatitis C infections was observed between 1960 and 1990, consistent with the hypothesis that changes in injection technology were a driving factor.

Montaner suggested that stigma associated with a diagnosis of hepatitis C — arising from the belief the infection was contracted due to IV drug use or "rough sex" — has been misplaced. "So people have been generally not coming forward to test, and physicians had usually not been offering hepatitis C screening very readily," he said.

THE CANADIAN PRESS

Missy
Domestic
Long Hair

Missy is a senior cat with beautiful green eyes. She recently came to the shelter because someone in her human family developed allergies. Although this is a confusing time, she is adjusting to the shelter admirably well. Missy is friendly and likes to offer her tummy for a little rub. She seems to enjoy spending time with humans and sharing her affection... on her terms. As a mature girl who likes quite time, she will let you know when she's had enough. **Missy is just a sweet cat who has been uprooted from her family life and she would like nothing better than to be welcomed into her new forever home where she can settle in and let her new family get to know her.**



For more information on **Missy** and other adoptable furry friends, visit www.spca.ns.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spca.ns.ca

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Sit, stand and repeat for health

MOVEMENT

This fun
and simple
exercise has
many benefits

**YuMee
Chung**
Torstar News Service

We all know the importance of staying fit, but did you know that doctors are now saying that your level of musculoskeletal fitness is a strong predictor of longevity?

This seemingly simple exercise based on the sitting-rising test designed by Brazilian physician Claudio Gil Araujo. It's a decent measure of flexibility, balance and strength and a graceful way to get up and down from the ground.

Get Up, Stand Up

1. Begin in a seated position on the floor with right ankle crossed snugly in front of left and the feet within inches of each other.
2. Attempt to stand up without using the hands for support. Start slowly and be prepared to put a hand down if you lose your balance.
3. Keep the ankles crossed as you lower yourself back down to a seated position.



Do this exercise on a regular basis to maintain mobility, coordination and muscle strength, and to decrease the risk of dangerous falls as you move into your golden years. According to a study by Brazilian physician Claudio Gil Araujo published in the European Journal of Cardiovascular Prevention, a simple test called the sitting-rising test (or SRT) can predict your chances of dying an early death.

Offering an explanation for the close correlation between the test scores and survival, Dr Araujo said: "It is well known that aerobic fitness is strongly related to survival, but our study also shows that maintaining high levels of body flexibility, muscle strength, power-to-body weight ratio and co-ordination are not only good for performing daily activities but have a favourable influence on life expectancy."

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

+ MATERNAL HEALTH SMOKING MAY ALTER GENES OF FETUS

Researchers find changes linked to cancer, defects

Women who smoke while pregnant may be chemically altering the DNA of the developing fetus, a major study published in the American Journal of Human Genetics found.

Doctors have warned smoking can lead to stillbirth, or babies born with cleft palate, lung disease, or neurobehavioral problems. Among smokers in the study, researchers identified "6,073 places where the DNA was chemically modified differently" than in newborns of non-smoking moms.

Changes were seen in



genes relating to lung and nervous system development, smoking-related cancers, and birth defects.

"Many signals tied into developmental pathways," said co-author Bonnie Joubert, an epidemiologist at the National Institute of Environmental Health Sciences (NIEHS), noting that changes were seen in genes relating to lung and nervous system development, smoking-related cancers, and birth defects such as cleft lip and cleft palate.

The DNA changes were documented in samples of umbilical cord blood drawn after birth.

Such changes were less apparent in mothers who smoked less frequently.

According to Christopher Gregg, an assistant professor of neurobiology and anatomy and human genetics at the University of Utah, the study's size helps "to more effectively rule out potentially confounding factors, such as maternal age and socioeconomic status. It is well established that pregnant women should not smoke, but these new results reveal that smoking during pregnancy leaves a lasting mark on the genome that persists into childhood, and identifies the sites and genes in the genome that are especially susceptible to these effects," he said.

AFP

LEARNING CURVE

Get a thorough training in traditional osteopathy

In 2012, just three years after graduating from the College d'Etudes Osteopathiques' (CEO) Halifax location, Peter Goodman went from student to the campus' principal. Today, he is helping to give students the skills they need to enter the field of traditional osteopathy.

"When I started, I was one of seven osteopaths in Nova Scotia and now we have 50," he says of the practice, which uses a gentle "hands-on" approach to detect areas of restricted movement throughout the body by viewing local concerns from multiple perspectives. "Our numbers have grown and there's still a shortage of osteopaths."

Geared towards practicing health professionals, the CEO program consists of 34 classes distributed evenly over five years with each session being four to five days in length, as

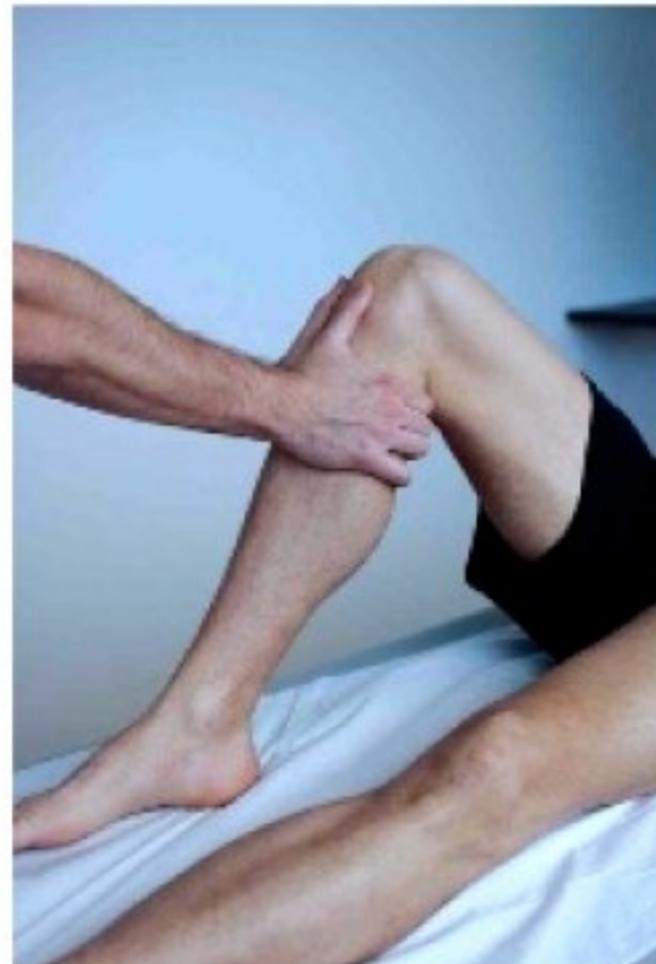
well as a research year.

The school's approach combines osteopathic philosophy, theory, methodology, technique, clinical application and research elements, which are introduced in a progressive and cumulative method.

"This program is a commitment but the beauty of it is that students say they've never been so thoroughly trained in anatomy and hands-on intervention," says Goodman. "I've gone to post-grad seminars in the U.S. and when I describe the training, fellow osteopaths say it sounds like the best in the world."

CEO's Halifax location offers the first year of the program every other year and enrollment is open until mid July for the September 2016 start date.

For more, visit osteopathy-halifax.ca.



Peter Goodman. CONTRIBUTED

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A BUSINESS PROGRAM FOR THE MULTI-TASKER

Consistent with its mission of being a pioneer in the field of business, Maritime Business College is now offering a new program called business marketing and administration.

"Working in business is rewarding because you gain valuable experience working in a variety of different disciplines," says Janice Currie, director, Maritime Business College.

"If you are an excellent multi-tasker, then business marketing and administration is for you." The business marketing and administration program is designed to give students a solid foundation in the skills necessary to work in, manage or operate a successful business.

There is a strong focus on administration, marketing and entrepreneurship.

Graduates of this program will be able to work in a wide variety of business settings and have the capacity to assume a multitude

of roles. This could be in large or small private businesses, public sector positions or starting up their own company.

"Managing an entrepreneurial business can be challenging, but it is exciting to be part of the solutions process," says Currie.

"The core role of a business marketer is to identify challenges and opportunities, and then developing action plans that will improve the company."

This program also prepares people for setting up and managing their own business.

"As our economy diversifies, small business is growing in importance, and it offers many career options for young and old alike," says Currie. "This program helps you develop a business plan, and guides you in the pursuit of different funding strategies." For more information, visit maritimebusinesscollege.ca.

Help people reach their life goals

Everyone is in a leadership role in different areas of their lives. "As leaders we naturally desire to make a positive and abundant impact upon those we lead," says Abe Brown, president, Certified Coaches Federation (CCF).

"Wanting to enhance that leadership role is normal and healthy and Life Coaching is a natural tool to help you do that."

According to Brown, Life Coaching began in the late 1970's, has spread worldwide and is now estimated to be over a \$5 billion/year in the U.S. (60 per cent of American companies use or have used a coach) and about \$500 million/year in Canada.

"Coaching is the path that serious people take to reach their goals," says Brown.

Brown adds that studies indicate that 90 per cent of the participants in coaching relationships reported significant increases in their areas of focus.

"Life Coaching is a tool, a valuable life skill and way to have a 'purposeful relationship'



Abe Brown CONTRIBUTED

with other people," says Brown.

The Certified Coaches Federation has trained and certified more than 10,000 life coaches and executive coaches since 2006 and is now considered one of the best life coach training and certification programs in the world. This two-day intensive certified life and executive coach training course is available on June 4 and 5 at the Best Western Hotel, Chocolate Lake, Halifax.

Registration for this course is open now. To learn more, visit certifiedcoachesfederation.com, or contact Abe Brown at 866-455-2155 or abe@certifiedcoachesfederation.com.



Content Solutions

Turn a love into career

The new veterinary assistant program at Success College helps people turn their love of animals into a meaningful and satisfying career. This program is designed to provide students with a solid foundation of knowledge and practical skills necessary to become an effective member of the veterinary team — whether that be as an animal care worker, animal attendant or veterinary assistant.

"One of our core strengths is preparing students for a dynamic and creative career as a veterinary assistant," says Janice Currie, director, Success College.

"This is a new program at Success College and is ideal for people living in rural or suburban Nova Scotia."

The modules cover subjects in the primary areas of veterinary office procedures, animal behaviour, anatomy and physiology, handling and restraint, nutrition, terminology, records management, accounting and customer service.

The program also includes clinical practice modules on subjects such as vaccines, toxicology, dentistry, standard operating room conduct and preparation, and general care information about exotic pets and wildlife.



CONTRIBUTED

Graduates of this program may find work in animal hospitals or shelters, farms or stables, as animal trainers or handlers, as dog walkers, in veterinary clinics, zoos, and many more.

"Our graduates pursue satisfying, rewarding careers that impact their lives and the lives of others," says Currie.

This program is pending approval by the Department of Labour and Advanced Education.

For more information about this program, visit successcollege.ca.

GRADUATE READY TO WORK IN THE INDUSTRY

The audio engineering program at da Vinci College is a comprehensive program that gives students hands on training, practical experience, and industry support and connections.

"Using Pro Tools and Logic, our students will gain a broad range of important audio skills and graduate ready to work in a number of different areas within the industry," says Janice Currie, director, da Vinci College.

Students of this program will learn to use pre- and post-production software for audio for music, TV, film, games, and Foley.

"There are endless annual volunteer opportunities and unique events that come up throughout the course where you can practice everything from loading, carrying and setting up audio equipment and staging, audio mixing at major events and even working on the audio for films," says Currie.

As part of the audio program, students will take classes at the Sonic Temple, an award-winning full service recording studio in the heart of downtown Halifax.

The Sonic Temple has hosted recordings and launch parties from a range of local and international artists.



CONTRIBUTED

"Working in the Temple, you become part of something special, and have the opportunity to work directly with professional musicians and, role play recording sessions with their classmates," says Currie.

"You will graduate with a polished professional demo reel that highlights both technical and artistic styles."

Students of this program will be taught by experienced, industry professionals with other like-minded students.

For more information about the audio engineering program, visit davincicollage.org.

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retro SPORTS

"Man, I am a Hall of Famer and that's all you can think about — me saying practice": Allen Iverson who still takes flak for his 2002 "practice" rant

Mooseheads will 'make the best of a bad situation'

QMJHL

GM Russell says scouts pumped for lottery draft

Kristen Lipscombe
Metro | Halifax

The Halifax Mooseheads may not be on the ice for the playoffs, but there's still plenty of action happening off of it as the local QMJHL franchise readies itself for next season.

That includes the upcoming draft lottery, which takes place Thursday in Montreal, following the Q-league's annual Golden Puck Awards ceremony.

"It's a lottery pick," Mooseheads general manager Cam Russell explained Monday. "It's going to determine who picks first and who picks second."

At the end of every regular season, the two teams that don't make QMJHL playoffs are put into the lottery for the top spot, which this season happens to be the Mooseheads, who finished 17th, along with the Baie-Comeau Drakkar, who came in last at 18th place.

"There's a number of top-end kids, so ... we know that



Mooseheads general manager Cam Russell lifts the President Cup, the QMJHL championship trophy, in May 2013 at the Scotiabank Centre. JEFF HARPER/METRO

we're going to select a good player, wherever we end up, whether it's first or second," Russell said, but admitted "it would be definitely exciting to have that first overall pick."

The Herd also have the seventh and 15th overall selections in the first round, as well as three high picks in the second round of the draft, which is set for June 4 in Charlottetown.

Halifax also has the sixth

We want to play and we want to win and it's no fun losing, but you have to make the best of a bad situation.

Cam Russell

overall selection in the 2016 CHL Import Draft.

"Now that hockey's ended, we're spending our time getting ready for the draft, so lots of scouting going on," Russell said of what else Mooseheads staff are up to while most other QMJHL teams remain focused on the playoffs, with the first round wrapping up this week.

"Every event that's out there, we've got somebody

watching it," Russell said, adding there are about 10 scouts out at rinks keeping an eye on new and old prospects alike for the Mooseheads.

This month alone, Moose scouts are still keeping an eye on the QMJHL playoffs from the stands, while attending midget events across the region, such as the Major Midget Atlantics held this past weekend in Kelligrews, N.L., to the 2016 TELUS Cup, Canada's national midget championship, taking place April 18-24 in Quispamsis, N.B.

"There's no shortage of tournaments and showcases," Russell said.

As of right now, top prospects being discussed within hockey circles include local defenceman Jared McIsaac, 16, of the Cole Harbour Major Midgets, along with forward Benoit Olivier Groulx, 16, of the Gatineau L'Intrépide and forward Gabriel Fortier, 16, of the Lac St-Louis Lions, whose older brother Maxime Fortier has worn the green and red for two seasons.

Despite his team's preparation for draft day, Russell emphasized "one thing I've learned ... (is) it never ends up being exactly how you planned going in."

Not cutting it for playoffs isn't ideal, Russell said, but for his Herd, "it's time to get ready for next year."

CURLING

Canada sitting pretty at worlds

After a frustrating opening weekend, Canada has found its groove at the men's world curling championship.

Kevin Koe's Calgary rink improved to 5-0 with a pair of convincing wins Monday, a 5-3 victory over Scotland and a 9-2 rout of Japan.

The two comfortable performances in Basel, Switzerland, should do wonders for Canada's confidence after a pair of shaky extra-end wins on Sunday, especially with an early match coming against Germany on Tuesday morning.

"Obviously we played well tonight," said team coach John Dunn. "And we're in the middle of this three-games-in-a-row stretch right now, so any time you get the opportunity to shake hands early and get to bed early, and with our first morning game tomorrow, the timing of this is pretty good."

Canada's win over Japan, coupled with the United States' surprising 8-3 rout of defending champ Sweden, left Koe's rink alone atop the round-robin standings after eight draws.

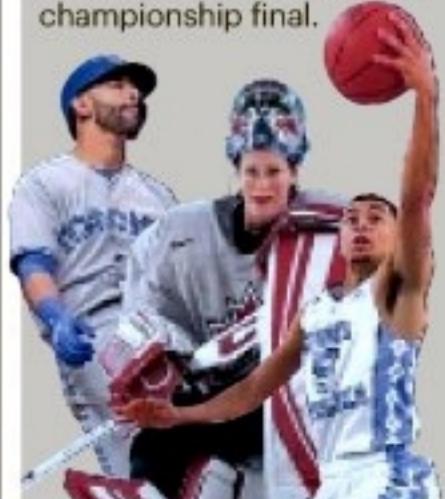
Norway and Sweden were tied for second at 4-1, with Denmark, the U.S., and Japan in fourth at 3-2.

Glenn Howard won Canada's last title in 2012.

THE CANADIAN PRESS

MORE SPORTS

Go to metronews.ca for coverage of the women's world hockey championship gold-medal game between Canada and the U.S., the Blue Jays' game at Tampa Bay and the NCAA men's basketball championship final.



OFFSHORE ACCOUNTS

Messi subject of Spanish tax probe



Lionel Messi
GETTY IMAGES

Spanish tax authorities say they are investigating allegations of tax irregularities involving soccer player Lionel Messi after documents released by an international probe of offshore accounts.

Messi's family released a statement Monday denying wrongdoing and threatened to sue media outlets that released the information linking the Argentine player to accounts in Panama.

Last year, Spanish author-

ties charged Messi and his father with three counts of tax fraud for allegedly defrauding Spain's tax office of 4.1 million euros (\$4.4 million) in unpaid taxes from 2007-09. They will stand trial in late May and face nearly two years in prison if found guilty. THE ASSOCIATED PRESS

IN BRIEF

FIFA judge faces ethics investigation

A FIFA judge who helped ban Sepp Blatter for financial misconduct is now under investigation by his ethics committee colleagues after being named in an international probe of offshore accounts.

The FIFA ethics prosecution chamber said Monday that it "opened a preliminary investigation to review the allegations" linked to lawyer Juan Pedro Damiani of Uruguay.

THE ASSOCIATED PRESS

NHL

Surgery removes Stamkos' blood clot

Tampa Bay Lightning captain Steven Stamkos has had surgery to remove a blood clot from near his right collarbone and is expected to miss one to three months.

The two-hour procedure was performed Monday by Dr. Karl Illig in Tampa.

Illig said in a statement released by the team: "Everything went as expected

for Steven. We plan to re-evaluate him in about two weeks and we should know more about his prognosis at that time."

Lightning general manager Steve Yzerman announced Saturday that Stamkos had tingling and swelling following a game Thursday and it was determined that he had vascular thoracic outlet syndrome. THE ASSOCIATED PRESS

RECIPE Blueberry Coconut Stuffed French Toast



Ceri Marsh & Laura Keogh
For Metro Canada

Treat yourself to a decadent breakfast-for-dinner tonight.

Ready in

Prep time: 10 minutes
Cook time: 10 minutes

Ingredients

- 6 Tbps mascarpone cheese
- 2 tps fresh lemon juice
- 1/4 tsp zest of lemon
- 1 tsp coconut sugar (or regular)
- 1/2 cup fresh blueberries, pureed
- 4 slices thick multi-grain bread or challah
- 4 eggs
- 1/2 cup of coconut milk
- 2 tps vanilla extract
- 1/4 cup unsweetened coconut flakes for garnish
- fresh blueberries for garnish
- maple syrup
- butter for pan

Directions

1. In a bowl mix the mascarpone

cheese, lemon juice, zest and sugar. In a blender puree the blueberries. Stir the blueberry mixture into the cheese mix.

2. In a bowl that you can sink your bread into, whisk the eggs, milk and vanilla. Set aside.

3. Take a thick slice of bread, cut it in half and, down the center of the slice to nearly the other corner, cut a pocket. Take a tablespoon or so of the cheese mixture and fill the pocket. Dunk the 1/2 slice into the egg mix, flipping to fully coat. Continue until you've filled and dunked all the triangles.

4. Place slices in a warm frying pan that you've coated with a tablespoon of butter. Cook on both sides until golden brown. Remove from pan and serve with blueberries, sprinkle of coconut and maple syrup.

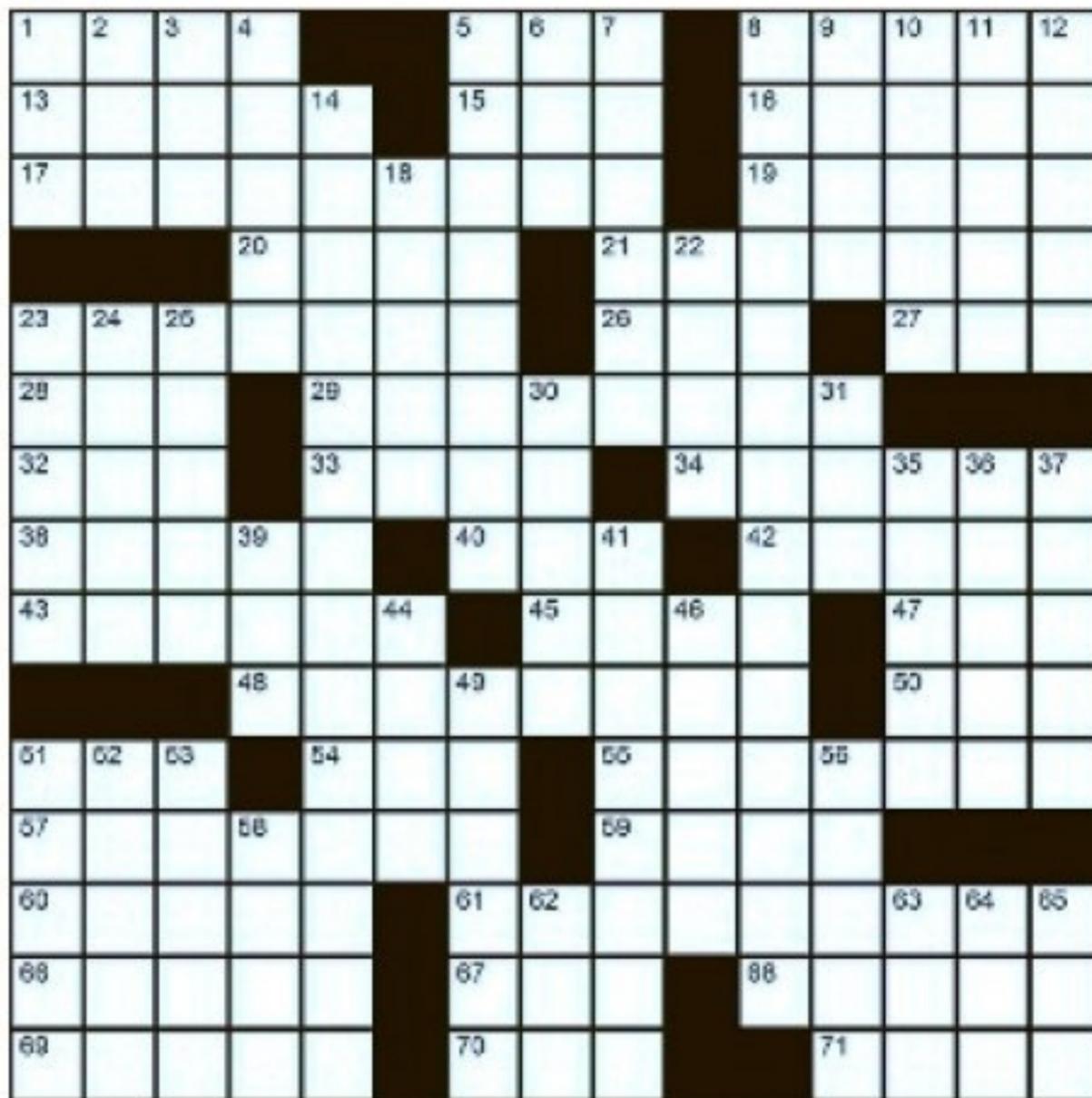
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Podium
5. Green Gables home, commonly
8. Baltimore NFL player
13. __ nothing
15. Ms. Rand
16. Express a thought
17. Like a movie with Oscar-winning stars
19. Stupefy
20. Italian car
21. Approximate
23. Move onward
26. Long-snouted fish
27. Bashful
28. Flyer to a flower
29. 'On the Edge of Everywhere' port town in Nova Scotia
32. Friend: French
33. Through
34. 1982 Robin Williams movie character based on the John Irving novel, __
38. Polynesian archipelago kingdom
40. Wood cutter
42. Irish actor, Milo __
43. Some written works
45. Bank dealing
47. Ms. Miller
48. TV show
49. Backers
50. Born, in bridal bios
51. Tree chopping
54. Fleuve's flower
55. Cracks the



cipher
57. Hangar hang-out
68. __. Coyote
59. Farm fabrication
60. Shut-eye
61. Do this a little in the Trooper song: 2 wds.
66. Relating to

bristles
67. Lodge
68. __. Coyote
69. Pontificate
70. 'Yes' at sea
71. Detect

DOWN
1. Stealing bird
2. Ginger drink
3. __-defined (Vague)
4. Syllable-singing system
5. Designs
6. Blinker
7. Canadian book-

store
8. Canadian invention in the workshop since 1908: 2 wds.
9. Acme
10. Some charge cards
11. Cain's biblical son
12. Mesh-like

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries

March 21 - April 20
Today you feel down-to-earth about life. You want to approach practical projects in a tangible way. Nevertheless, this is a poor day for important decisions or major purchases.

Taurus

April 21 - May 21
Behind-the-scenes research might reveal something useful for you today. Listen to the advice of others, especially those who are older or more experienced.

Gemini

May 22 - June 21
In discussion with groups and friends, someone will have some practical advice for you. Quite likely, this person is older or more experienced. Nevertheless, postpone important decisions until tomorrow.

Cancer

June 22 - July 23
You will impress people in power today because they see you as reliable, conscientious and practical. However, this is a poor day to volunteer for anything or to agree to anything important. Wait until tomorrow.

Leo

July 24 - Aug. 23
You can accomplish a lot of studying or learning something new because it's easy to concentrate today. A teacher or guru-like figure might impress you.

Virgo

Aug. 24 - Sept. 23
Do your homework today to tie together loose ends regarding inheritances, taxes, debt and insurance issues. Nevertheless, this is a poor day for important decisions.

Libra

Sept. 24 - Oct. 23
Discussions with partners and close friends will be practical and concern long-range plans for the future. Just kick these ideas around, because you should postpone important decisions until tomorrow.

Scorpio

Oct. 24 - Nov. 22
You will accomplish a lot at work today because you find it easy to concentrate and pay attention to detail. You won't even mind doing routine tasks. Bravo!

Sagittarius

Nov. 23 - Dec. 21
Children might be a serious responsibility today. This is also a good day to deal with practical applications for creative projects.

Capricorn

Dec. 22 - Jan. 20
A family discussion with someone older might be helpful today. This person might choose to offer you assistance.

Aquarius

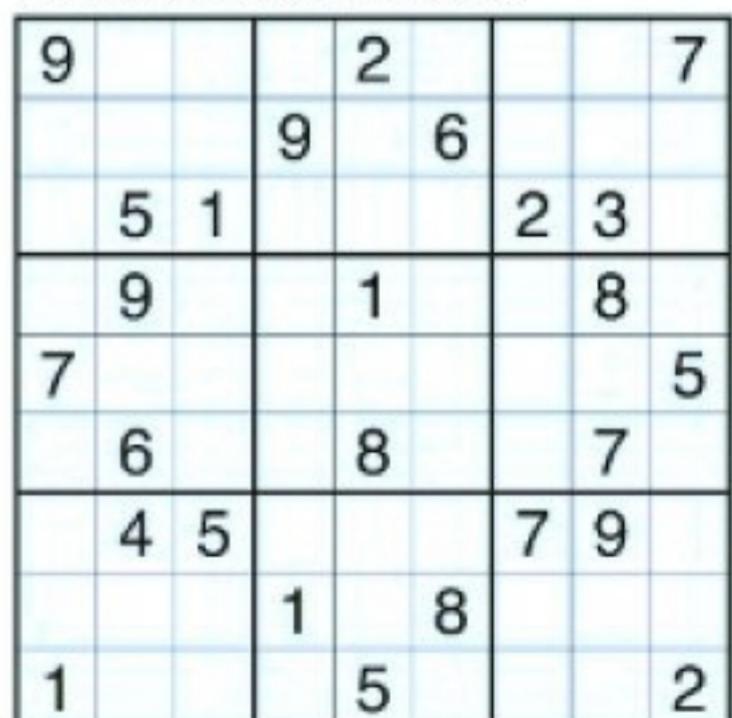
Jan. 21 - Feb. 19
You're in a serious frame of mind today, which is why you are willing to do routine tasks that help you feel better organized. This is also a good day to study new subjects and learn something.

Pisces

Feb. 20 - March 20
You're in the frame of mind to make financial plans for the future. That's fine. Do your homework. But postpone important purchases and important decisions until tomorrow.

CONCEPTIS SUDOKU by Dave Green

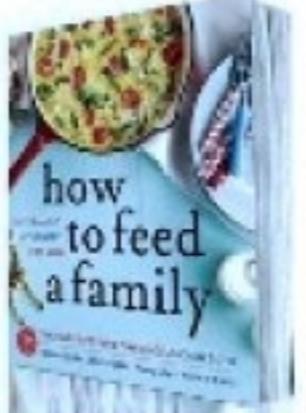
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